

# **How to Change Your Infant to a New Formula**

## **Powdered Formula**

Please consult with your infant's health care provider when making formula changes.

Most infants will drink any formula. Each one tastes a little different. Some infants notice this difference. Mixing the new formula with the old formula, gradually increasing the amount of new formula over time, will help your infant adjust.

During the early months of life healthy infants may spit up small amounts of formula. This is a common problem and does not mean that your infant's formula needs to be changed. It is most likely due to an immature digestive system. There are things you as a parent can try to help reduce the spitting up:

- Mix formula according to the directions on the can.
- Handle the formula and bottles in a sanitary manner and store formula properly.
- During feeding, hold your infant at an angle so her head is slightly higher than her feet.
- Burp your infant upright on your shoulder, not lying across your lap.
- Look for signs that your infant is full, such as lips tightly closed or the head turned away.
- Avoid overfeeding your infant.

### **Method**

#### **... for making an 8 ounce bottle from powdered formula**

You will need about 2 cans of new formula to follow these steps.

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|---|--|
| 1. The first few days (about 1-2 days)        | Mix 4 scoops of formula total:<br>1 scoop of new + 3 scoops of old<br>+ 8 ounces of water  |
| 2. The next few days (about 3-5 days)         | Mix 4 scoops of formula total:<br>2 scoops of new + 2 scoops of old<br>+ 8 ounces of water |
| 3. After that for a few days (about 5-7 days) | Mix 4 scoops of formula total:<br>3 scoops of new + 1 scoop of old<br>+ 8 ounces of water  |
| 4. Finally                                    | Use all new formula!<br>Mix 4 scoops of new formula (total)<br>+ 8 ounces of water         |

# How to Change Your Infant to a New Formula

## **Concentrated Formula**

Please consult with your infant's health care provider when making formula changes.

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- Handle the formula and bottles in a sanitary manner and store formula properly.
- During feeding, hold your infant at an angle so her head is slightly higher than her feet.
- Burp your infant upright on your shoulder, not lying across your lap.
- Look for signs that your infant is full, such as lips tightly closed or the head turned away.
- Avoid overfeeding your infant.

### **Method**

...for making an 8 ounce bottle from concentrated formula

- |   |   |
|---|---|
| 1. The first few days (about 1-2 days)        | Mix 4 ounces of formula total:<br>1 ounce of new concentrated formula +<br>3 ounces of old concentrated formula +<br>4 ounces of water  |
| 2. The next few days (about 3-5 days)         | Mix 4 ounces of formula total:<br>2 ounces of new concentrated formula +<br>2 ounces of old concentrated formula +<br>4 ounces of water |
| 3. After that for a few days (about 5-7 days) | Mix 4 ounces of formula total:<br>3 ounces of new concentrated formula +<br>1 scoops of old concentrated formula +<br>4 ounces of water |
| 4. Finally                                    | Use all new formula!<br>Mix 4 scoops of new formula (total)<br>+ 4 ounces of water  |